



arts•gram

A DAILY PUBLICATION OF THE NATIONAL VETERANS CREATIVE ARTS FESTIVAL

WEDNESDAY, OCT. 23, 2002

RINGING IN THE CREATIVITY!

The melody soared, the harmony was sure and strong, and everyone at the 2002 National Veterans Creative Arts Festival Opening Ceremony and dinner Monday evening recognized the talent filling the room.

Katie Ryan, mistress of ceremonies for the evening and 2002 host site coordinator from the Minneapolis VA Medical Center, was greeted by applause as she welcomed participants to this week's event. The appreciative mood carried through the evening.

Minneapolis VAMC Director Steve Kleinglass drew chuckles as he referred to the nippy Minnesota weather as part of the facility's year-long planned welcome to Festival participants.

Keynote speaker Leo S. Mackay, Jr., Ph.D., Deputy Secretary of Veterans Affairs, noted the importance of creative arts. "Healing takes more than pills and shots...healing takes time and care," Mackay said. In addition to the tremendous achievements of this year's participants, the Deputy Secretary



Gary Johnson, Jenny Lewis, Suzanne Anderson, and Jean Calhoun were among the bell ringers cheerfully ringing in the 2002 Festival!

also commended the "talented and hardworking" VA employees who support the Creative Arts Festival.

Mackay acknowledged the sacrifices of the veterans who have ensured our freedom of expression. "Each day we paint, draw, write, or sing, we owe a debt of gratitude to those who have donned the uniform," he said. "No freedom is greater than our freedom

of expression; it is at the heart of our democracy. It gives us the freedom to dance to our own rhythm, to paint our own souls...and to sing the stories of our lives..."

The evening ended on a joyous note, as a group of Creative Arts therapists formed a handbell choir to officially ring in the 2002 Creative Arts Festival.

PERSONAL JOURNEYS OF HEALING AND UNDERSTANDING

At the Minneapolis VA Medical Center yesterday, first-place winners in the veteran's art competition displayed their art, described their pieces, and expressed their own personal journeys of healing and understanding. For all who were listening, the stories were compelling.

Parallels to September 11...

Several participants described how they worked through their emotions following the September 11 terrorist attacks. **John Robison** said, "I thought

about September 11 a lot as I was working on 'Native Free Spirit Eagle Breaking Free,'" his leather carving piece. "I want the terrorists to know, you can kick the Americans down, but we're going to claw our way back," he said. **Marilyn Adamitis** took a different approach in both medium and message. She affectionately described her "United We Stand" afghan as her "prayer afghan." Saying a prayer with each stitch she made, she hopes all

who have served their country will appreciate her special project.

Art as Therapy...

"I can be in a bad place; and before you know it, I'm creating something beautiful," **Tommy Staley** said. "I do this to help me understand my disability, and my anger." Staley admits that he doesn't know where he would be if he wasn't able to express himself. **John Lovseth**, winner in the needlework category,

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FROM THE DIRECTOR'S CHAIR



PREPARE AND PRACTICE!

In just a few days we will face an audience. How much you will enjoy performing for them is closely related to how thoroughly you prepare for the show.

Prepare

Do you really understand what you are singing or saying? Read every line carefully and make sure you know what it means. This is especially true in ensemble songs. There is a lot of emotion in the text; it's up to you to share with the audience how you feel about what you are singing. Say the lyrics out loud, like dialogue. It will help you to know how to put the sung lines across.

Do you know for sure what you are wearing, and when? Do you know for sure where you stand, how you enter and exit? Do you know exactly when to start singing, or dancing, or speaking? If you have any questions, ask Suzanne, the Stage Manager. She will have the answers for you, or she will find out the answers.

Practice

The answer to performing success is practice – over and over. Can you go through your act smoothly and remember every nuance? Only YOU can learn and strengthen all of the details. The directors can't do that for you.

Do you know how you will look to the audience? There's an easy (but sometimes painful) way to tell. Performers for many years have looked at themselves in the mirror to see how effective their performance is. (Just look inside a dance studio with its walls of mirrors!) Another way is to watch (and hear) yourself on video. We are videotaping your performance in rehearsal, so you can watch it at scheduled times. You will quickly see for yourself how much every move and expression counts.

Thanks for your hard work, -- it will make a big difference in our final show. We're going to have winner!

-- Paul Dieke

AT THE EASEL



BLOCKBUSTERS PART 2

Creative Blocks. Every artist has suffered this problem at least once in their artistic endeavours. Here are some more ideas to help you overcome those frustrating mental blocks:

1. Change one thing. For example, change the format of your picture. If you usually work horizontally, try vertical for a change. Or change the proportions of your canvas--long and narrow. Or the shape, from rectangular to oval. You'll find it more interesting to fit your subject into a different space, and this will frequently get you rolling again.

2. Draw. Put a sketchbook in your car and sketch the scene around you while you're waiting for the car pool. You don't have to make pictures. Draw the traffic light, the stop sign, or the dashboard. Draw everything! You'll improve your skills and your self confidence at the same time, and possibly even break that block with a new idea for a picture.

3. Finish something--anything! Take a piece from your stack of unfinished pictures and finish it, no matter what. It doesn't have to be a winner--see what you can learn from it. Try new techniques, collage over it, crop it, make it a diptych or triptych. If nothing works, throw it away without regrets and pull out another.

BEST WISHES & CONGRATS

Happy Birthday to Calvin Steen, of Chicago, Ill., who is celebrating his 45th birthday TODAY, October 23!

Congratulations to Robert Dalton and his new wife, Kim, for their recent wedding on September 9, 2002 in Colorado. Best Wishes!

Got a birthday or anniversary for us to publicize? See the ArtsGram editor in the Nolte Room so we can highlight these special occasions!

PROFESSIONAL EDUCATION AT CAF

The 2002 National Veterans Creative Arts Festival has been approved to grant official continuing education units through ATRA (American Therapeutic Recreation Association) for the three sessions being offered this week. A total of .6 CEUs can be earned by attending all three sessions.

A fee of \$10.00 will include all CEU earned by the participant for the entire National Veterans Creative Arts Festival Professional Education Sessions. The \$10.00 fee must be paid prior to the first session attended. Checks should be made out to VAMC #618, GPF

#8214-CEU.

The session offered today is:
Domestic Violence in the Workplace: Recognition, Intervention and Employee Safety
Wednesday, October 23,

9:00 – 11:00am, Faculty Room (.2 CEU)

This program will address why domestic violence is a business issue and how it affects the workplace. Participants will be able to identify how domestic violence is a workplace issue and appropriate actions to take when an employee exhibits signs of abuse or acknowledges abuse.

PERSONAL JOURNEYS OF HEALING

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Del Raney proudly displays his gold medal winning entry.

also describes the therapeutic value of creative expression. "Participating in the Creative Arts Festival has allowed me to live again. This really helped me work through my PTSD. A year ago was the first vacation I have ever been on. Now, my goal is to win the Creative Arts competition again. So, excuse me for being a man who sews!"

A Spiritual Journey...

LaRue Cooke's thoughtful description of "A Satisfied Red Tail Hawk" and "The Lords Prayer Magnified" illustrates how the creative arts have affected him spiritually. Cooke donates all of the money he receives from sales to mission trips to benefit others. "The Lord has provided all of us with a talent. Find yours and work on it," Cooke advises.

Dorothy Williams also recognized how her artistic expression has been medicine for her soul. Preferring to be

called "Ms. Dot," she says, "I'm spiritual. God has blessed my hands... The stories behind the pictures used in her paper collage, entitled "The Eyes Have It," are stronger than the pictures themselves. They (the stories) really did something to me spiritually," she said.

The Human Spirit Prevails...

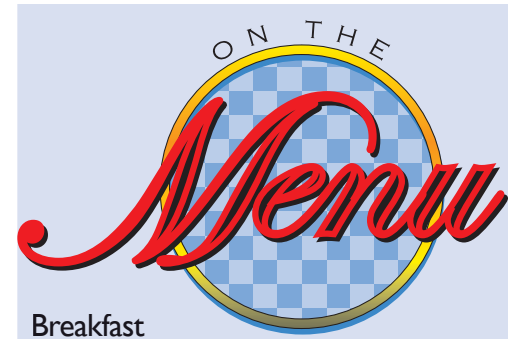
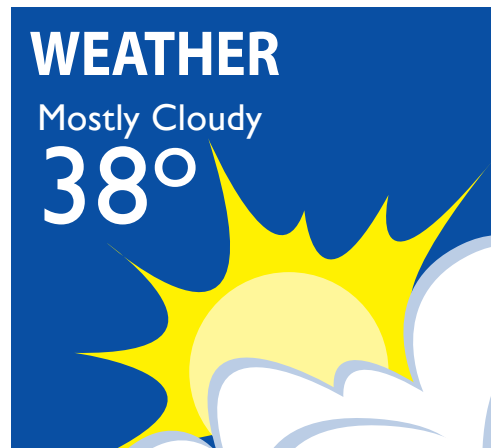
An inspiration to all who heard him, **John Dell** shared that he had buried his Vietnam experience for 30 years. He revealed, "Ten to 15 years ago, I woke up and thought I was in another land." Dell's "58,000 Plus" mixed art winning piece is laden with symbolic images and memorabilia of Vietnam, including his purple heart and a Vietnam flag he obtained from a prisoner he captured, all having very special, personal meaning to this U.S. Army combat veteran.

The visual arts categories ran the gamut of expression, but the artists' stories all carried one common message – one of hope, understanding, and an undisputable triumph of the human spirit.

SO YOU KNOW...

The Hospitality Room manned by volunteers offers snacks and drinks for all participants and staff. Open daily from 9 a.m. to 10 p.m., hospitality is offered in room 476.

The Medical Support Room is in room 765. If you have a medical concern or issue, please contact your team leader. Medical support has a registered nurse on duty 24 hours a day. You can call the nurse at extension 7765, or go directly to Room 765.



Breakfast

Orange Juice & Cranberry Juice
French Toast, Butter & Syrup
Bacon
Sliced Fresh Fruit
Petite Cinnamon Rolls
Bagels & Cream Cheese
Butter, Jellies
Assorted Cereals
Coffee, Herbal Teas & Milk

Lunch

Performers at Hotel

Shredded Salad Greens & Dressings
Seasoned Taco Meat & Julienne
Chicken Breast
Peppers, Cheddar Cheese, Diced
Tomatoes, Diced Onions, Black
Olives, Guacamole Salsa, Sour
Cream

Crisp Corn & Flour Tortillas

Refried Beans

Pumpkin Spice Bars

Coffee, Herbal Teas & Milk

Artists at Fort Snelling

Cream Of Mushroom Or Wild Rice Soup

Sirloin Steak

Twice Baked Potatoes

Sautéed Zucchini

Coconut Pecan Candy Bar Cake

Dinner

Cheese Filled Tortellini With Spinach &
Tomato In Vinaigrette

Broccoli, Cauliflower & Sweet Pepper
Salad

Carved Whole Baked Sugar Cured Ham

Citrus Marinade Grilled Chicken Breast

Garlic & Rosemary Roasted Potatoes

Penne Pasta In Marinara Sauce

Seasonal Vegetables

Fresh Baked Rolls & Butter

Chocolate Decadence Dessert

Coffee, Tea & Milk

T O D A Y ' S S C H E D U L E

ARTISTS

PERFORMERS

7am

7:30

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Breakfast at Hotel
University Ballroom
7-8:30 am

Team Leaders
meet with Artists
*University
Ballroom A*
8:30 am

Workshop: Pottery/Clay
*University Ballroom A
and Collegiate Rooms*
9-11 am

Lunch
Fort Snelling Employee Club
12-1 pm

Tour of Minnehaha Falls
Minnehaha Falls
1-2 pm

Mall of America
Shuttles depart from 2-4 pm

Dinner at Mall of America
Minnesota Room, 4th floor
5-10:30 pm

Shuttles
Back to Hotel
Mall of America
7:30-10:30 pm

Breakfast at Hotel
University Ballroom
7-8:30 am

Team Leaders
meet with Performers
Alumni Room
8:30 am

Rehearsals and
Costume Fittings
*Humphry
Coffman, Northrup,
Collegiate,
Campus Rooms*
9 am-12 pm

Auditions: Solos & Narrations
Hubert H. Humphry Room
10-11 am

Lunch
University Ballroom B, C, D
Noon-1 pm

2nd Coaching/Rehearsals
Hubert H. Humphry Room
1-3:45 pm

Mall of America
Shuttles depart
from 2-4 pm

Dinner at Mall of America
Minnesota Room, 4th floor
5-10:30 pm

Shuttles
Back to Hotel
Mall of America
7:30-10:30 pm